

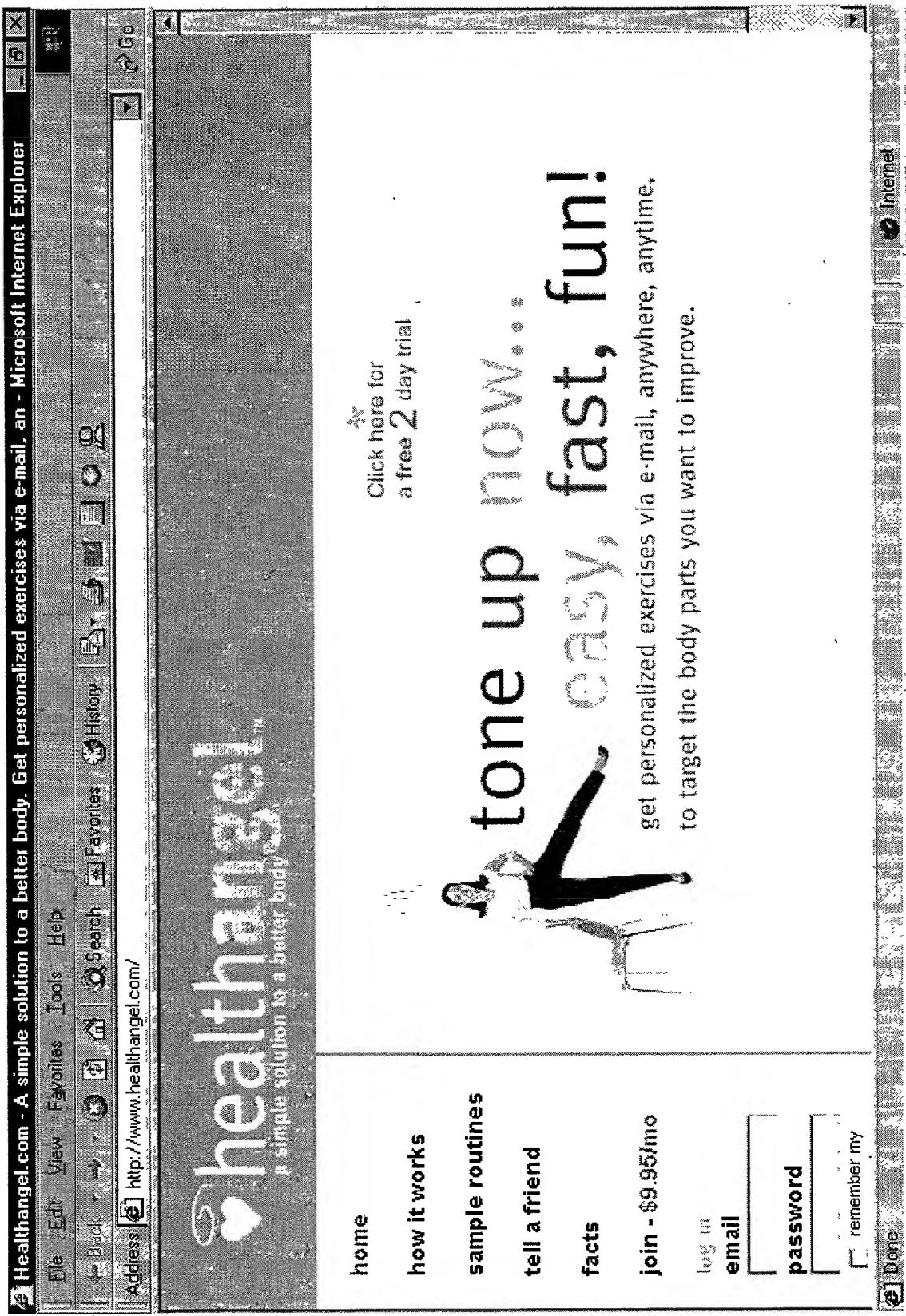
HealthAngel.com

User Registration / Preferences

Name:				Monday	<input type="checkbox"/> Lower Body Focus
Address:				Tuesday	<input type="checkbox"/> Upper Body Focus
City:	State:	Zip:		Wednesday	<input type="checkbox"/> Core Body Focus
Telephone - Evening		Telephone - Day		6:00 A.M.	<input type="checkbox"/> Total Body Focus
				11:00 A.M.	<input type="checkbox"/> Arm Injuries
				3:00 P.M.	<input type="checkbox"/> Leg Injury
				6:00 P.M.	<input type="checkbox"/> Back Injuries

Figure 1

Figure 2



America Online - [Thank you for signing up with Healthangel!]

File Edit Window Sign Off Help

Read Write Mail Center Print My Files My AOL Favorites Internet Channels People \$ Quotes Perks Calendar

Type Search words, Keywords or Web Addresses here Go Search Keyword

Subj: Thank you for signing up with Healthangel!
Date: 6/27/2001 2:58:30 PM Eastern Daylight Time
From: info@healthangel.com (Healthangel)
To: imboct@aol.com (Jane)

Dear Jane:

Congratulations on becoming a part of Healthangel! Please remember that the best way for us to help you to increase your movement is get feedback from you, both in the form of submitting your exercises as well as by submitting feedback to help us to continue to improve our service for you.

Our most successful members take their exercise breaks right when they check their e-mail. That way you can get it out of the way and get on with your day. Some basic tips for exercising and tips for using your exercise resistance tube will help you to make the most of your exercise breaks right from the start of your program. Click the links below to access the tips or visit our web site.

Click on or cut and paste these URLs in your browser for access to:

Web site <http://www.healthangel.com/>
About the tube: <http://www.healthangel.com/tube.html>

Deletes Prev 54 of 54 Help

Vertical scroll bar on the left.

Figure 3a

America Online - [Thank you for signing up with Healthangel!]

File Edit Window Sign Off Help

Read Write Mail Center Print My Files My AOL Favorites Internet Channels People \$ Quotes Perks Calendar

Type Search words, Keywords or Web Addresses here Go Search Keyword

Web site: <http://www.healthangel.com/>
About the tube: <http://www.healthangel.com/tube.html>
Exercise tips: <http://www.healthangel.com/tips.html>

For the easiest access to your records, check the "remember my password" box before you press "submit" on the log in. Again, welcome to the Healthangel family. We look forward to serving you well.

Sincerely,

Cindy Potter
Membership Coordinator

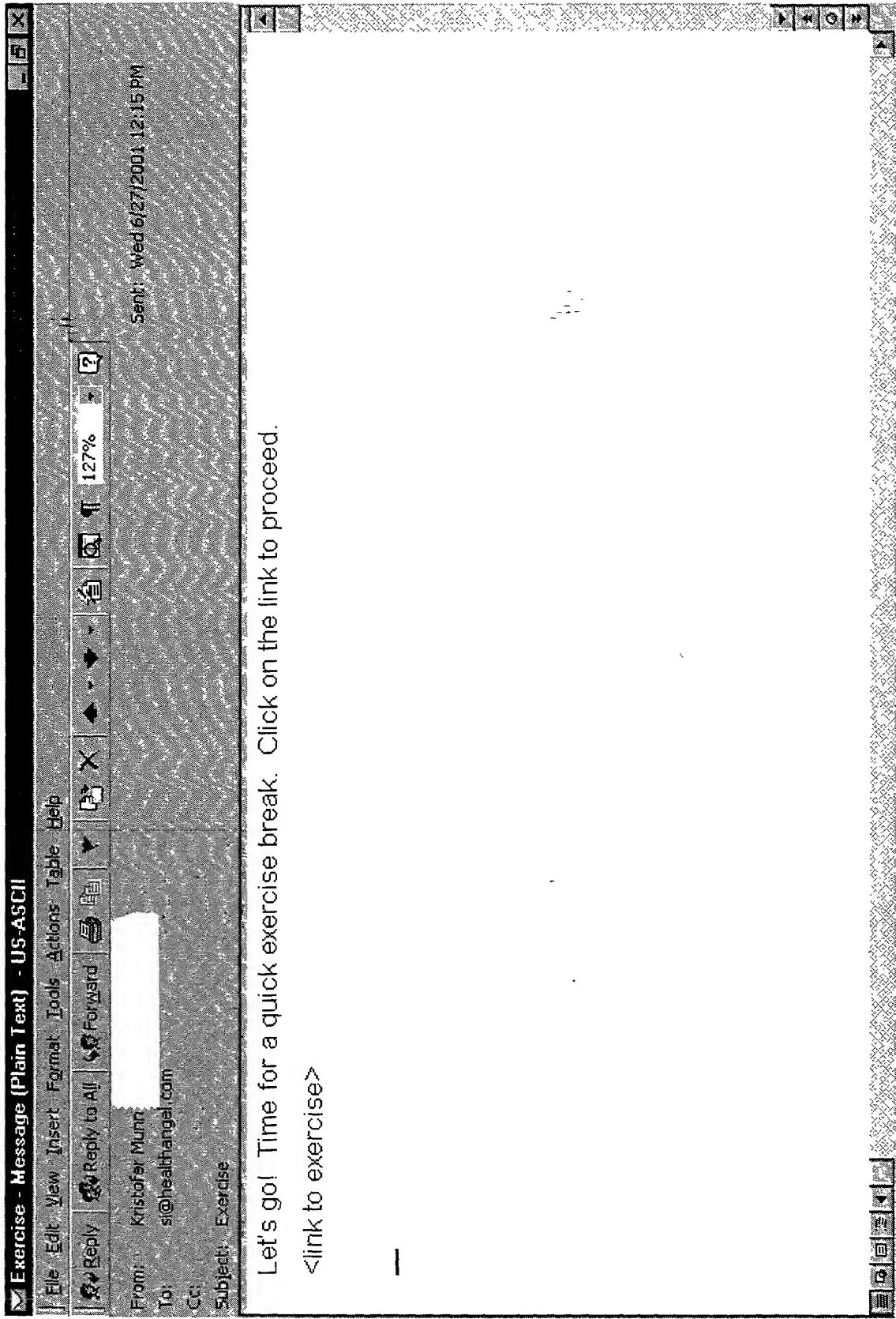
----- Headers -----

Return-Path: <info@healthangel.com>
Received: from rly-yc04 mx aol.com (rly-yc04.mail.aol.com [172.18.149.36]) by air-yc01 mail aol.com (v78_r3.8) with ESMTP; Wed, 27 Jun 2001 14:58:30 -0400
Received: from www.healthangel.com (healthangel.com [209.61.207.215]) by rly-yc04.mx aol.com (v79.20) with ESMTP id MAILRELAYINYC42-0627145823; Wed, 27 Jun 2001 14:58:23 -0400
Received: (from nobody@localhost)
by www.healthangel.com (8.11.1/B.8.7) id f5RIwCv24187;
Wed, 27 Jun 2001 14:58:12 -0400
Date: Wed, 27 Jun 2001 14:58:12 -0400

Delete ← Prev 54 of 54 Help

Figure 3b

Figure 4



Healthangel.com - A simple solution to a better body. Get personalized exercises via e-mail, an - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back History Stop Refresh Favorites Search Address http://www.healthangel.com/member/exercise.html?uen=4996&u=3&e=98&b=1

**heath
angel**
a simple solution to a better body

Back Fly Zone: Upper Body part: Upper Back

Assignment: Do 1 set of 10 repetitions

Record Your Results

Enter the total number of repetitions (i.e. 10) that you completed for each set assigned and submit.

Set 1:

You may send a message to your fitness representative here:

Want another exercise right now?

Yes No

Done

Internet

Restrictions: You should not do this exercise if you have an upper back injury unless directed by a physician

Figure 5

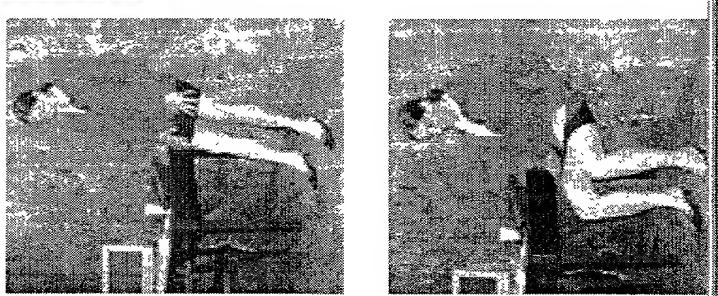
Figure 6

HealthChange.com - A simple solution to a better body. Get personalized exercises via e-mail, an

Address: http://www.healthchange.com/member/exercise.html?ueh=15780&u=3&e=10&b=1

HealthChange

simple solution to a better body



Assignment: Do 1 set of 10 repetitions

Wall Squat [Zone: Lower Bodypart: Compound]

Record Your Results

Enter the total number of repetitions (ie. 10) that you completed for each set assigned and submit.

Set 1:

You may send a message to your fitness representative here:

Want another exercise right now?

Yes No

Submit

Done

Figure 7

The screenshot shows a Microsoft Internet Explorer window displaying the HealthAngel.com website. The address bar shows the URL: <http://www.healthangel.com/member/exercises.html>. The page title is "My Exercises".

my home

my exercises
lower body
upper body
core body

my records

my settings

tell a friend

About the site

Exercise tips

Lower Body Parts

- Compound Wall Squat
- Chair Squat
- Lunge
- Reverse Lunge

Butt

- Straight Leg Butt Squeeze

HealthAngel.com - A simple solution to a better body. Get personalized exercises via e-mail, an

Microsoft Internet Explorer

File Edit View Favorites Tools Help

Back Search Favorites History

Address

Go

Internet

Figure 8

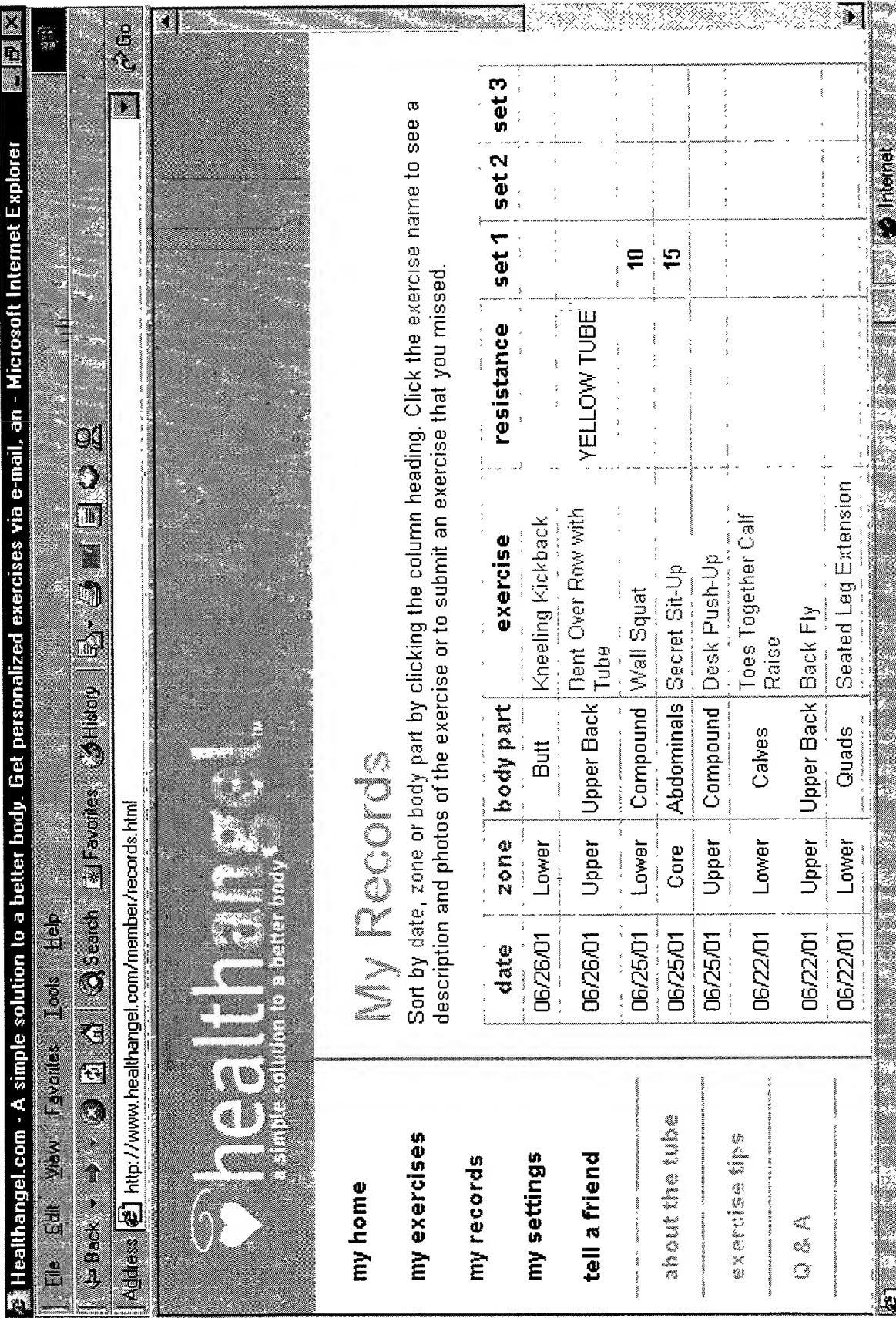
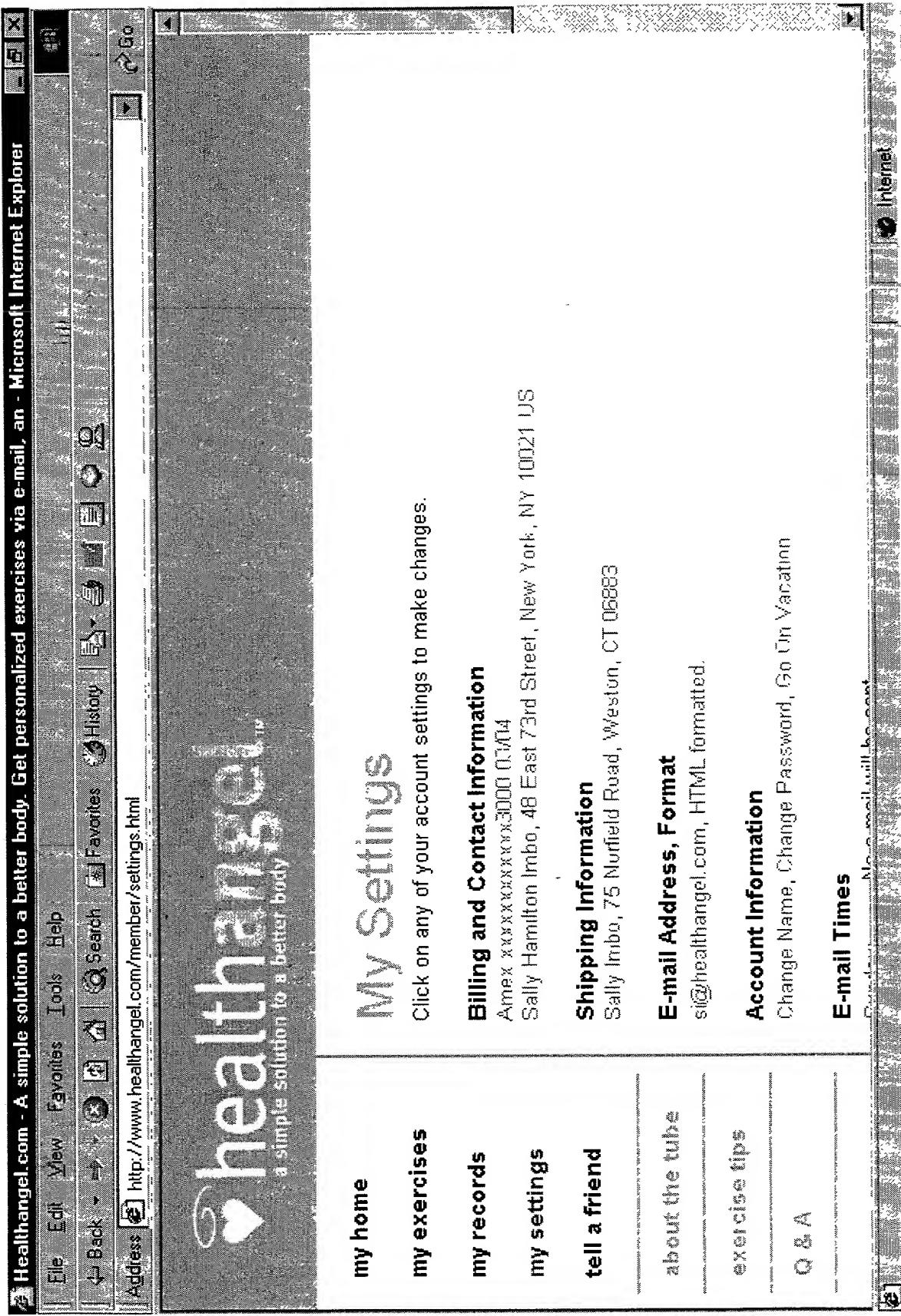
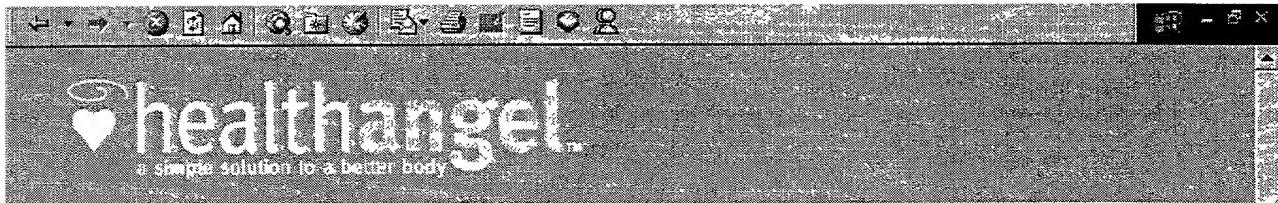


Figure 9





Membership Signup

Name and Account Information

First Name

Jane

Last Name

Doe

Preferred Name

If you would like us to call you by something other than your first name, please enter it here.

E-mail Address

imboc@aol.com

Confirm your e-mail address

imboc@aol.com

Choose a password

Please confirm your password

Password reminder hint

Wet dog

How did you hear about Healthangel?

Television

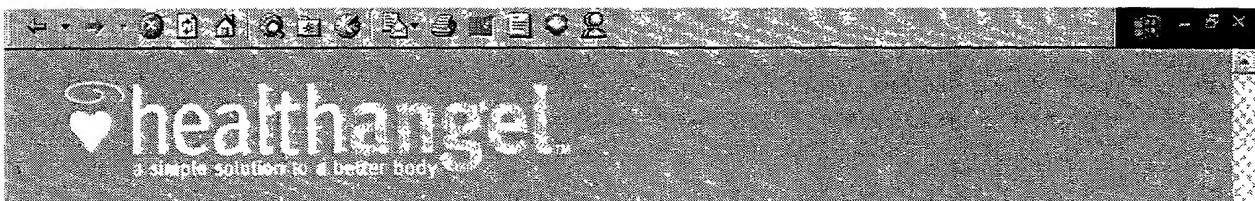


Today show

Send me HTML formatted e-mail, text formatted

* AOL users please be sure to select text formatted e-mail

Figure 10a



Membership Signup

Where will you open and perform your Healthangel breaks?

We have divided our exercises into four categories of environment. They range from the most flexible environment (home/hotel) to the least flexible environment (public office area). Please indicate your comfort level where you will perform your exercise breaks by selecting one of the environments below. We will send you exercises that we have determined are most appropriate for the environment that you have chosen.

Regardless of what you select now, you will have the opportunity to change your environment by logging in and entering the "my settings" section of the web site. We discourage you from changing environments frequently, since that will change the collection of exercises that we send you and thereby affect your progression in those exercises.

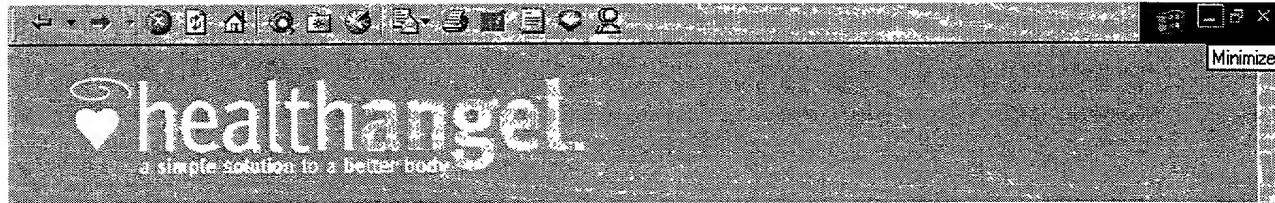
Home/Hotel Private Office Semi-Private Office Public Office

< < BACK

NEXT > >

[home](#) | [privacy policy](#) | [about us](#) | [research](#) | [feedback](#) | [tell a friend](#)
Copyright © 2001 Healthangel.com, Inc. All rights reserved.

Figure 10b



Membership Signup

On what days and at what times would you like us to e-mail you?

Check the box by each day you want to receive an e-mail and select up to four times you want to receive them. We suggest starting with two times a day, and adjusting up or down from there.

<input checked="" type="checkbox"/> Mon	1: 9:00 AM	2: 1:00 PM	3: Choose	4: Choose
<input checked="" type="checkbox"/> Tue	1: 9:00 AM	2: 1:00 PM	3: Choose	4: Choose
<input checked="" type="checkbox"/> Wed	1: 9:00 AM	2: 1:00 PM	3: Choose	4: Choose
<input checked="" type="checkbox"/> Thu	1: 9:00 AM	2: 1:00 PM	3: Choose	4: Choose
<input checked="" type="checkbox"/> Fri	1: 9:00 AM	2: 1:00 PM	3: Choose	4: Choose
<input type="checkbox"/> Sat	1: 9:00 AM	2: 1:00 PM	3: Choose	4: Choose
<input type="checkbox"/> Sun	1: 9:00 AM	2: 1:00 PM	3: Choose	4: Choose

Let's synchronize our watches so that you get your breaks on time.

Right now it is

Would you like us to send you reminders?

Figure 10c

The screenshot shows a software window titled "Create Your Own Program". On the left, there's a sidebar with icons for "Programs", "Workouts", "Exercises", and "Search". The main area has a title "Create Your Own Program" and a sub-section "Choose a program to get a workout that targets the body parts that you want to improve." Below this, there's a list of options:

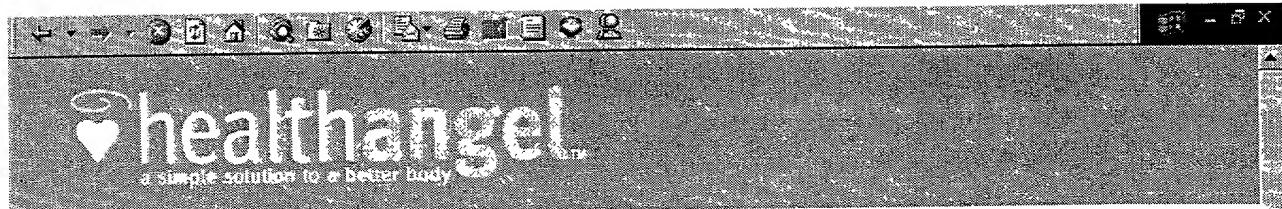
- Great Legs and Butt - Exercises for Legs and Butt only
- Great Arms - Exercises for Arms only
- Great Abs and Waist - Exercises for abs, waist and lower back only
- Total Body - Exercises for all body parts
- Lower Body Focus - Total body workout with more lower body exercises
- Upper Body Focus - Total body workout with more upper body exercises
- Core Focus - Total body workout with more abdominal and lower back exercises.

Below the list, it says: "When your signup is complete, you can add or delete exercises from your routine to personalize it even more. Just log in to the member site and click on the "my exercises" section to add or remove exercises from your routine."

On the right side, there's a sidebar with icons for "Home", "Internet", "Help", "Feedback", and "Logout". It also displays the text "hunz privacy policy | about us | research | feedback | tell a friend" and "Copyright © 2001 Healthangel.com, Inc All rights reserved".

In the bottom right corner of the main window, there's a large button labeled "Figure 10d".

Figure 10d



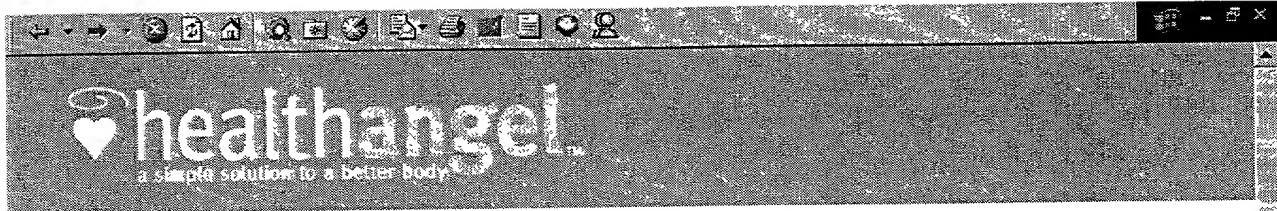
Membership Signup

Please check any area of your body with exercise restrictions or limitations.

Selecting a body part will delete certain exercises from your program that could cause further injury. Please be aware that deleting these exercises will not remove all of your risk of injury, it is still important for you to pay close attention to how your body feels while you are performing any of the exercises that we assign you and discontinue exercise if you have any pain or dizziness. When you have recovered from your injury, you can adjust this setting to have the corresponding exercises added back into your program.

- Neck** - e.g. whiplash or strained musculature
- Shoulder** - e.g. rotator cuff tear, dislocation, subluxation
- Elbow** - e.g. tennis elbow
- Wrist** - e.g. carpal tunnel
- Hand** - e.g. tendonitis
- Upper Back** - *Cervical or Thoracic Vertebrae*, e.g. herniated disk or pinched nerve
- Lower Back** - *Lumbar Vertebrae or Sacrum*, e.g. herniated disk
- Hip** - e.g. hip replacement, osteoarthritis, or tendonitis
- Knee** - e.g. ligament or recent ACL, LCL, MCL, or PCL injury
- Ankle** - e.g. tendonitis or ligament injury

Figure 10e



Membership Signup

Billing Information

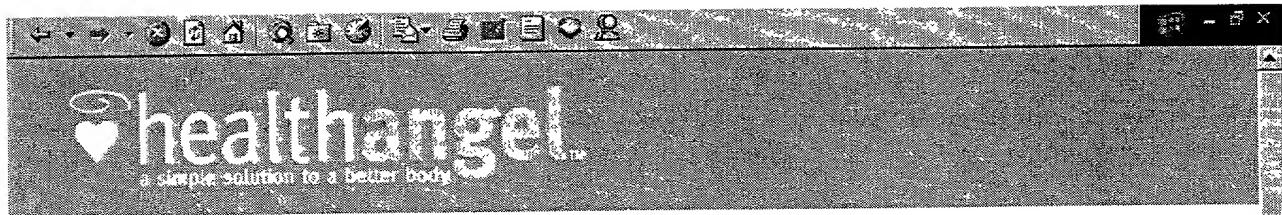
There is a one-time activation fee of **\$14.95** and the program is **\$9.95** per month. **\$24.90** will be billed to your credit card at this time, **\$9.95** will be billed to your credit card monthly thereafter. You may cancel at anytime. The activation fee is non-refundable and cancellation is not retroactive

Card Type	Card Number	Expiration
VISA	<input type="text"/>	<input type="text"/> / <input type="text"/>

The name and billing information provided below must be identical to the billing information on the credit card you provided above.

Name on the Card	Company
<input type="text"/>	<input type="text"/>
Daytime Phone	Address
<input type="text"/>	<input type="text"/>
Evening Phone	City
<input type="text"/>	<input type="text"/>

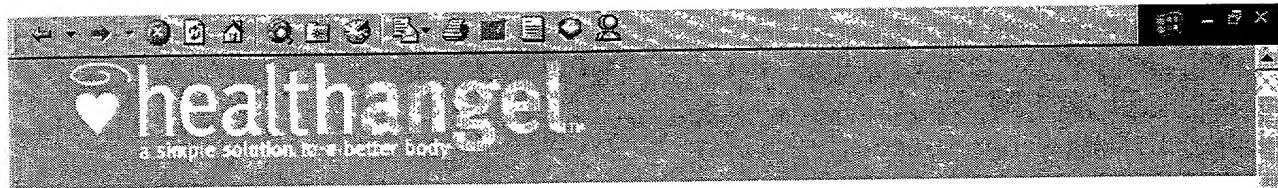
Figure 10f



Review Your New Account Request

Name	Injuries
Jane Doe	None
Preferred Name	Environment
Jane	Semi-Private Office
E-mail	Billing Information
imboct@aol.com (Text)	Sally Imbo
Additional Equipment	
None	
Schedule	VISA xxxxxxxxxxxx2795 06/01
Mon: 9:00, 13:00; Tue: 9:00, 13:00;	
Wed: 9:00, 13:00; Thu: 9:00, 13:00; Fri: 9:00, 13:00	
Send Reminders?	Shipping Information
No	Same As Above
Focus	Charge Amount
Total Body	\$24.90

Figure 10g



Thank you for joining Healthangel!

Order #	Date	Amount	Card #
299	06/27/2001 02:06 PM	\$24.90	xxxxxxxxxxxx2795

Please print this receipt for your records.

LOOK FOR YOUR FIRST HEALTHANGEL BREAK. Your first Healthangel Break will arrive at the next scheduled time you indicated on your sign-up sheet. If you don't receive the assignment, or have any questions about completing your break, please e-mail us at info@healthangel.com. Technical support is also available by phone from 9-5 EST at 1-877-MY ANGEL (1-877-692-6435).

SUBMIT YOUR EXERCISES. Because the program progresses at your pace, your input is incredibly important to its success. When you complete an e-mail assignment, indicate the number of repetitions that you completed and press the SUBMIT button. Your workout results will be logged and used to determine your future assignments.

AWAIT YOUR GIFT. The information you've provided thus far has allowed us to set your starting points. Within two weeks you'll receive your exercise tube -- our gift to you -- for use with some of your assignments. The tube's color corresponds to your current fitness level. The tube itself provides added resistance to increase the efficiency of your workouts, keep it where you access your e-mail.

Figure 10h